

Peanut, Peach, N Pineapple Wrap

Rating: ★★☆☆

Prep time: 15 minutes

Makes: 4 Servings

Inspired by an all-time favorite, peanut butter and jelly sandwiches, this wrap is easy and fun for kids to make. With the sweet flavor of fruit and the crisp texture of green pepper and lettuce, it's a great way to fit one cup of fruit and veggies into a "wrap 'n go" meal.

Ingredients

- 1 **can** sliced peaches (15 oz, drained)
- 1 **can** pineapple tidbits in juice (drained)
- 1/2 **cup** red or green bell pepper (chopped)
- 1 **teaspoon** cinnamon
- 4 whole wheat tortillas (10-inch)
- 1/2 **cup** chunky peanut butter
- 3 **cups** lettuce (shredded)

Directions

1. In a medium bowl, combine peaches, pineapple, bell pepper and cinnamon.
2. Warm the tortillas.
3. Spread 2 tablespoons of peanut butter on one side of each tortilla, leaving room on the edges.
4. Spoon equal portions of the peach mixture over peanut butter, then top with lettuce.
5. Fold the side and bottom edges of each tortilla toward



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	430	
Total Fat	15 g	23%
Protein	13 g	
Carbohydrates	64 g	21%
Dietary Fiber	8 g	32%
Saturated Fat	2.5 g	13%
Sodium	600 mg	25%

MyPlate Food Groups

Fruits	1/2 cup
Vegetables	1/2 cup
Grains	2 1/2 ounces
Protein Foods	2 ounces

the middle over the filling, then roll so the tortilla covers the filling.

Notes

Mix the drained juices with your breakfast juice if you like.

To make them more pliable before wrapping, warm tortillas. 10 to 15 seconds on high heat in the microwave, 3 to 5 minutes at 350°F in aluminum foil in the oven, and 15 seconds per side over medium-high on the stove top.

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